

**KNOCKOUT POTENTIAL**  
**12-Week Boxing&Behaviour Development Programme**  
**(Children)**

**Session Length: 60 minutes**

**Age Group: 5-11 years**

**Focus: Boxing fundamentals, fitness, confidence, discipline, respect, teamwork  
(No contact sparring)**

## **WEEK 1 – INTRODUCTION&RESPECT**

**Behaviour Focus: Respect, listening, rules**

**Warm-Up:**

- Light jog
- Star jumps
- Arm circles
- Boxing stance walk

**Boxing Skills:**

- Boxing stance&guard
- Basic movement
- Shadow boxing

**Fitness&Games:**

- Cone runs
- Reaction claps
- Red Light, Green Light

**Cool Down&Talk:**

- Stretching
- What does respect mean?

## **WEEK 2 – DISCIPLINE&FOCUS**

**Behaviour Focus: Self-control**

**Warm-Up:**

- **Skipping**
- **Jog&freeze**

**Boxing Skills:**

- **Jab technique**
- **Jab from stance**
- **Pad work**

**Fitness&Games:**

- **Shuttle runs**
- **Planks**
- **Balance drills**

**Cool Down&Talk:**

- **Why discipline matters**

## **WEEK 3 – CONFIDENCE**

**Behaviour Focus: Believing in yourself**

**Warm-Up:**

- Skipping
- Shadow boxing

**Boxing Skills:**

- Cross punch
- Jab–Cross combo

**Fitness&Games:**

- Bag work
- Core exercises

**Cool Down&Talk:**

- Confidence discussion

## **WEEK 4 – TEAMWORK**

**Behaviour Focus: Working together**

**Warm-Up:**

- Partner jogs
- Mirroring drills

**Boxing Skills:**

- Jab–Cross review
- Blocking&slipping

**Fitness&Games:**

- Team relays
- Medicine ball passes

**Cool Down&Talk:**

- Teamwork discussion

## **WEEK 5 – EMOTIONAL CONTROL**

**Behaviour Focus: Managing emotions**

**Warm-Up:**

- Skipping
- Shadow boxing

**Boxing Skills:**

- Hook punch
- Controlled combinations

**Fitness&Games:**

- Agility ladder
- Reaction drills

**Cool Down&Talk:**

- Breathing exercises

## **WEEK 6 – PERSISTENCE**

**Behaviour Focus: Never giving up**

**Warm-Up:**

- Jog
- Jump
- Stretch

**Boxing Skills:**

- Uppercut
- 4-punch combinations

**Fitness&Games:**

- Circuits
- Timed challenges

**Cool Down&Talk:**

- Learning from mistakes

## **WEEK 7 – FITNESS&HEALTH**

**Behaviour Focus: Looking after your body**

**Warm-Up:**

- **Fitness-based warm-up**

**Boxing Skills:**

- **Combination review**
- **Footwork drills**

**Fitness&Games:**

- **Boxing fitness circuit**

**Cool Down&Talk:**

- **Healthy choices**

## **WEEK 8 – RESPONSIBILITY**

**Behaviour Focus: Respect&responsibility**

**Warm-Up:**

- Child-led warm-up

**Boxing Skills:**

- Defensive movement
- Punch&move drills

**Fitness&Games:**

- Team conditioning

**Cool Down&Talk:**

- Responsibility discussion

## **WEEK 9 – GOAL SETTING**

**Behaviour Focus: Setting goals**

**Warm-Up:**

- Skipping
- Shadow boxing

**Boxing Skills:**

- Accuracy drills
- Combo refinement

**Fitness&Games:**

- Timed circuits

**Cool Down&Talk:**

- Goal setting activity

## **WEEK 10 – LEADERSHIP**

**Behaviour Focus: Leading by example**

**Warm-Up:**

- Child-led warm-up

**Boxing Skills:**

- Pad work stations

**Fitness&Games:**

- Group circuits

**Cool Down&Talk:**

- Leadership discussion

## **WEEK 11 – REVIEW&CONFIDENCE**

**Behaviour Focus: Self-belief**

**Warm-Up:**

- Full boxing warm-up

**Boxing Skills:**

- Skill review

**Fitness&Games:**

- Fun competitions

**Cool Down&Talk:**

- Reflection

## **WEEK 12 – GRADUATION**

**Behaviour Focus: Pride&achievement**

**Warm-Up:**

- **Group warm-up**

**Boxing Skills:**

- **Demonstrations**

**Fitness&Games:**

- **Fun challenges**

**Graduation:**

- **Certificates**
- **Feedback**
- **Photos (with consent)**